



4. Internationaler Lüneburger Heide Ultra-Marathon

Lüneburg / 10.06.2023

Detailed evaluation

Betriebssportverein der Volksbank Lüneburger Heide

Club: Betriebssportverein der Volksbank Lüneburger Heide 10.50 km/h

Number: 301

Running performance: 5:42 min/km

Course: 100.00 km

Ultra-Marathon 5-10er Staffel

Rank in course: 12 (of 28)

Best time in course: 7:25:02

Category:

5-10er Staffel

Rank in category: 12(of 28)

Best time in the category: 7:25:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Südergellersen	10.30	55:16	5:21	14	14:47	14	14:47	10.30	55:16	5:21	14	14:47	14	14:47
Amelinghausen	13.80	1:19:18	5:44	19	27:04	19	27:04	24.10	2:14:34	5:35	15	38:25	15	38:25
Schwindebeck	9.40	55:27	5:53	17	13:57	17	13:57	33.50	3:10:01	5:40	15	44:42	15	44:42
Bispingen	8.90	46:40	5:14	8	13:14	8	13:14	42.40	3:56:41	5:34	11	57:56	11	57:56
Overhaverbeck	10.80	1:03:22	5:52	18	19:46	18	19:46	53.20	5:00:03	5:38	12	1:17:42	12	1:17:42
Undeloh	6.90	41:41	6:02	15	10:56	15	10:56	60.10	5:41:44	5:41	12	1:25:58	12	1:25:58
Egestorf	9.20	48:26	5:15	7	7:21	7	7:21	69.30	6:30:10	5:37	11	1:31:34	11	1:31:34
Salzhausen	10.70	58:11	5:26	13	13:53	13	13:53	80.00	7:28:21	5:36	12	1:40:52	12	1:40:52
Südergellersen	10.90	1:09:09	6:20	19	28:10	19	28:10	90.90	8:37:30	5:41	12	1:56:46	12	1:56:46
Sülzwiesen	9.10	53:56	5:55	17	19:12	17	19:12	100.00	9:31:26	5:42	12	2:06:24	12	2:06:24